

JUDGING BOTH THE LIVING & THE DEAD

When our Lord came down from heaven initially, He entered the world as a helpless Babe. He promised, however, that His "second coming" would be entirely different. When He returns to us, Christ will come to pass judgment on all mankind. In the words of St. Paul: "We must all appear before the dread judgment seat of Christ."

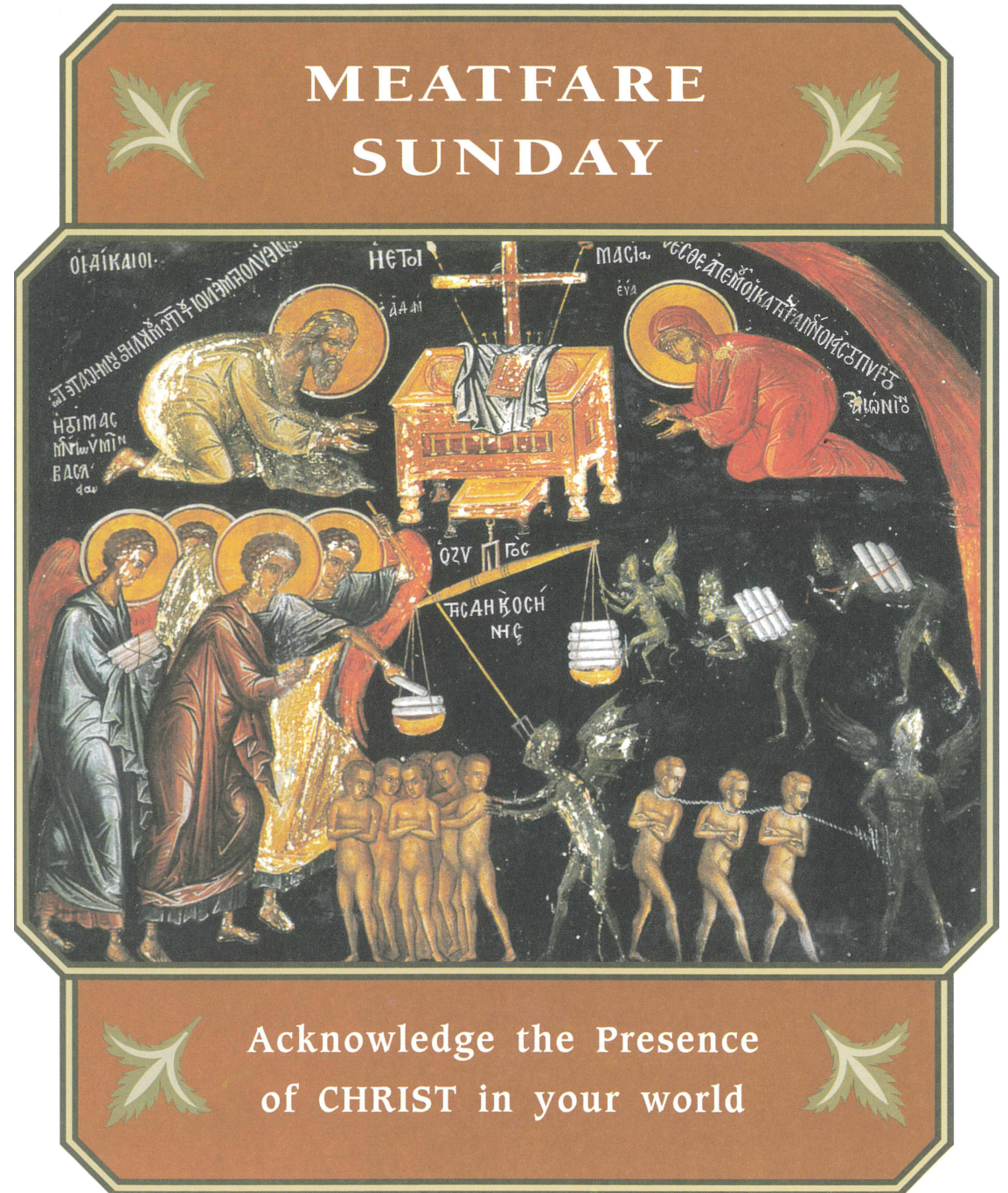
Judgment Day has been portrayed as a terrifying event. Scriptures tell us of the sudden swiftness with which Christ will return, and the stern manner in which He will deal with sinners, condemning them to a place of everlasting fire and eternal punishment. Listen, for example, to the words of the Kondakion for Meatfare Sunday: "When You will come to earth in glory, O God, all things will tremble before You. The river of fire will flow before Your judgment seat, and the books will be opened and all hidden things will be revealed."

Faithful followers of Christ, however, need not fear His return! On the contrary, we should all eagerly await this blessed day, for it will afford us the opportunity to achieve our ultimate spiritual goal: to be with the Lord in His heavenly kingdom.

What will determine whether our Lord will invite us to "come, inherit the kingdom" or "depart, you accursed ones?" Ultimately, WE will decide our own fate with our actions during our lifetime. Have we cared for the needy? Have we helped the poor and oppressed? Have we answered the cries for assistance from those less fortunate? After all, how can we claim to love the Lord if we have not been charitable to even the least of His brethren?

May we all prepare for the final day every day of our life! If we live in accordance with Christ's commandments in this world, we will certainly be with Him in the world to come.

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.



MEATFARE SUNDAY

Acknowledge the Presence of CHRIST in your world



METROPOLIS OF NEW JERSEY

St. Sophia/SS. Faith, Hope & Agape
Greek Orthodox Church of Valley Forge

900 South Trooper Road
Jeffersonville, PA, 19403

Tel.: (610) 650-8960 • Fax: (610) 650-8961

www.saintsophiachurch.org email: office@saintsophiachurch.org

Sunday Worship: 8:45 am - Orthros: 10:00 am Divine Liturgy
Office Hours - 10 am to 4 pm

Rev. Ekonomos Peter J. Thornberg, Proistamenos

frpeter@saintsophiachurch.org

Metropolis of New Jersey



March 10, 2024
 Judgment Sunday (Meatfare Sunday)
 Quadratus the Martyr & his Companions
 Anastasia of Alexandria
 Michael Mauroudes the New-Martyr



ENTRANCE HYMNS

Resurrectional Apolytikion – Katelisas to Stavro (“By Thy Cross Destroyed”)

O Death didst Thou destroy by Thy Cross. Thou opened Paradise to the Thief and the laments of the myrrhbearers didst Thou change and to Thine own Apostles command them to announce that Thou had risen O Christ our God, Who gives to the World Thy Great Mercy.

Apolytikion of St. Sophia/Ss. Faith, Hope & Agape

Greek

Ὁς ελαία κατά καρπος ανεβλάστησας, ἐν ταῖς ἀνλαῖς τοῦ Κυρίου, Σοφία μάρτυς σεμνή, καὶ προσήγαγες Χριστῷ καρπὸν ἡ δύτατον, τοὺς τῆς νηδύος σου βλαστούς, διὰ γώνων εὐαγῶν, Ἀγάπην τε καὶ Ἐλπίδα σὺν τῇ θεόφρονι Πίστει, μεθῶν δυσώπει υπέρ πάντων ἡμῶν.

English Phonetics for Greek

Os elea kata karpos anevlastisas, en tes avles tu Kyriou Sofia martyrs semni, ke prosigages Christo karpon idytaton, tus tis nidyos su vlastus, di' agonon evagon, Agapin te ke Elpida, syn ti theofroni Pisti; meth' on dysopi yper pandon imon.

English

As an olive tree laden with fruit you sprouted forth, in the courtyards of the Lord, Sophia martyr dignified, and you brought to Christ a fruit most sweet, Namely your womb's own sprouts, brought up by instructive deeds: your daughters Love and Hope, along with God-minded Faith; together intercede with God for us all.

Seasonal Kontakion – Otan elthis o Theos (“When You come down to the earth, O God”)

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.

OUR JOURNEY TO PASCHA! 2024			
Created by Fr. Jonathan Bannon (ACROD)			
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:	
Fast - Free Week FEBRUARY 25th	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.	
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.	
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.	
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.	
1st Sunday of Lent MARCH 24th	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.	
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.	
3rd Sunday of Lent APRIL 7th	 VERENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!	
4th Sunday of Lent APRIL 14th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!	
5th Sunday of Lent APRIL 21st	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.	
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!	
GREAT AND HOLY FRIDAY MAY 3rd	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.	
FEAST OF FEASTS! MAY 5th NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!	

Project Mexico 2024



The photo above (on the left) shows Carlos, Lucera and their children standing in front of their new home. Prior to July 2023, they had to endure winters in a makeshift home that included a dirt floor. The photo on the right shows their sons celebrating the fact that they will not have to endure another winter of mud in their home during the winter rainy season.

Everything changed when we handed the keys to Carlos and his family. While they thanked us for the home, WE thanked them for opportunity to be the hands and feet of Christ and put our Faith in the Lord to work for this very beautiful family.

Our parish has once again committed to fielding a group of volunteers to help Project Mexico build a house for a needy family in Rosarito, Mexico. This deeply rewarding experience has now become a regular ministry for our Parish. Our team has committed to building a home from July 5 – 11, 2024, but we need your help. We have 7 people on our team and need at least 3 more. If you would like to learn more, join the team, or learn how you can help sponsor our team, please email John Pogas, the group leader, at johnpogas@gmail.com.

Epistle Reading

The reading is from St. Paul's First Letter to the Corinthians 8:8-13; 9:1-2

*Great is our Lord, and great is his power.
Verse: Praise the Lord, for the Lord is good.*

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

**Ἀνάγνωσις ἐπιστολῆς
Πρὸς Κορινθίους α' 8:8-13, 9:1-2 τὸ ἀνάγνωσμα**

***Μέγας ὁ Κύριος ἡμῶν, καὶ μεγάλη ἡ ἰσχὺς αὐτοῦ.
Στίχ. Αἰνεῖτε τὸν Κύριον, ὅτι ἀγαθός.***

Ἄδελφοί, βρωμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γάρ τις ἴδῃ σε τὸν ἔχοντα γνῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἢ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθута ἐσθίειν; Καὶ ἀπολεῖται ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆι γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἁμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν, εἰς Χριστὸν ἁμαρτάνετε. Διόπερ εἰ βρωμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμι ἀπόστολος; Οὐκ εἰμι ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἐώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμι ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμι· ἢ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ.

GOSPEL READING
The Gospel According to Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

March Poor Box Donations
Thank you for considering a gift!

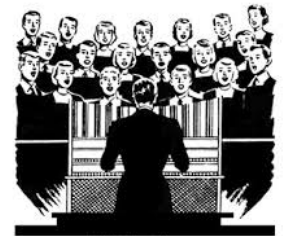
Please consider supporting the philanthropic outreach of our Church through the Philoptochos Poor Box located in the Pangari. Each month 100% of the donations are designated for a local charity.

Donations made to the Philoptochos Poor Box for March benefit **Worthwhile Wear**, which provides most comprehensive services to survivors of human trafficking in the commonwealth of Pennsylvania. Housing, counseling, educational and other services are provided at two locations in PA. Worthwhile Thrift in Collegeville supports the good works of this nonprofit. You can learn more about Worthwhile Wear at www.worthwhilewear.org. Please pray for those affected by human trafficking and sexual exploitation who are helped by Worthwhile Wear as well as those who work on their behalf.

Please consider donating to this worthwhile charity at:
<http://www.saintsophiachurch.org/poorboxdonations.html> or submit a check payable to St. Sophia Philoptochos and indicate Poor Box on the memo line. God bless you!

HELP WANTED! We are looking for friendly, welcoming faces to be part of our Pangari Team. You do NOT need to be a member of the Parish Council to serve Pangari duty. What you do need to do is welcome fellow parishioners, make change when they purchase candles, help with passing the collection tray, etc. It's a great way to serve the Parish and to learn more about how the Parish operates as you'll be serving next to existing Parish Council members. If you are interested, then please reach out to either Elaine Piligian (Parish secretary) or John Pogas.

The Choir is Looking for New Members: Can you sing? Do you play piano? The choir is looking to expand our membership. All are welcome to sit in on our rehearsals and/or Liturgies to learn more about our music and to see if the choir is right for you. Please call Tom Cox with questions ([215-859-1009](tel:215-859-1009)) or email him at tc Cox@mysolutions.com. Thank you!



The Hellenic University Club of Philadelphia – Scholarships: HUC is now accepting applications for the 2024-25 Scholarships for graduating high school seniors, undergraduate and graduate students of Greek descent. Eligibility requirements, and details of the applications can be found at https://lnkd.in/dnHEH_vS. Deadline April 1, 2024. For any information, please send email to: hucscholarships@gmail.com.

ST. SOPHIA GREEK ORTHODOX CHURCH

Koliva Origins

The tradition in many countries of the Eastern Orthodox Church

Friday - May 3rd

12-2:45pm

3pm Service of Apokathelosis

OPEN TO AGES
K - 5th grade
6th - 12th grade

LIGHT REFRESHMENTS
SERVED

SIGN UP DEADLINE
Friday-April 26th

PRE-REGISTRATION REQUIRED



Good Friday Retreat

ΕΥΑΓΓΕΛΙΟΝ

Ἐκ τοῦ Κατὰ Ματθαῖον 25:31-46 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στήσει τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ εὐωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπεινάσα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγετέ με, γυμνός, καὶ περιεβάλετέ με, ἠσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἤλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δὲ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δὲ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἤλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἡτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπεινάσα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἦμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ περιεβάλετέ με, ἀσθενῆς καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

THE NICENE CREED
(The Confession of Faith)

I believe in one God, Father Almighty, Creator of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all ages;

Light of Light, true God of true God, begotten, not created, of one essence with the Father, through Whom all things were made.

Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried;

And He rose on the third day, according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father;

And He will come again with glory to judge the living and the dead; His kingdom shall have no end.

And in the Holy Spirit, the Lord, the Creator of Life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.

In one holy, catholic, and apostolic Church.
I confess one baptism for the forgiveness of sins.

I look for the resurrection of the dead,
and the life of the age to come.

Amen



The Ladies Philoptochos Society of St. Luke, in partnership with Rise Against Hunger, invites you to

A MEAL PACKAGING EVENT

Rise Against Hunger is driven by the vision of a world without hunger. Their mission is to end hunger in our lifetime by providing food and life-changing aid to the world's most vulnerable and creating a global commitment to mobilize the necessary resources. riseagainsthunger.org

SATURDAY MARCH 30, 2024 • 1PM TO 3PM
ST LUKE COMMUNITY CENTER

Contact: katherine.kennedy314@gmail.com
www.stlukephiloptochos.org

SCAN HERE:
REGISTER TO
VOLUNTEER



Archpastoral Visit of His Eminence Metropolitan Apostolos of New Jersey

Orthros and Hierarchical Divine Liturgy

Sunday, March 17, 2024
9:00 A.M.

St. Sophia Greek Orthodox Church
900 S Trooper Road
Jeffersonville, PA 19403



PRAYER MINISTRY



"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." Philipians 4:6-7

"And whatever things you ask in prayer, believing you will receive." Matthew 21:22

"For with God, nothing will be impossible." Luke 1:37

Clearly, there is nothing more powerful than the power of prayer. Imagine someone struggling or suffering and then having multiple people praying for them daily! Our "Prayer Warriors" do just that. They will pray for individuals added to the list daily for a period of 6 months.

If you know of someone in need, you can add them to our prayer list using one of the following methods:

1. Fill out a request form at the box found in the church narthex **OR**
2. Send an email to Prayers@SaintSophiaChurch.org **OR**
3. Use the anonymous online form (the link is found under Prayer Ministry on our website), or you can use this link <https://forms.office.com/r/kMx49JdptM> **OR**
4. Use the QR form below (also found on the box in the narthex) which takes you to the anonymous form.



ENGLISH

Our Father, who art in heaven;
hallowed be Thy name, Thy
Kingdom come, Thy will be done,
on earth as it is in heaven.

Give us this day our daily bread;
and forgive us our trespasses, as
we forgive those who trespass
against us; and lead us not into
temptation, but deliver us from
evil.

GREEK

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς
ἀγιασθήτω τό ὄνομά σου,
ἐλθέτω ἡ βασιλεία σου,
γενηθήτω τό θέλημά σου, ὡς
ἐν οὐρανῷ καί ἐπί τῆς γῆς.

Τόν ἄρτον ἡμῶν τόν
ἐπιούσιον δός ἡμῖν
σήμερον καί ἄφες ἡμῖν τά
ὀφειλήματα ἡμῶν, ὡς καί ἡμεῖς
ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καί
μη εἰσενέγκης ἡμᾶς εἰς
πειρασμόν, ἀλλά ῥύσαι ἡμᾶς ἀπό
τοῦ πονηροῦ.

THE LORD'S PRAYER

ENGLISH PHONETICS

Pá-ter i-món o en tis ou-ra-nís
a-gi-as-thí-to to o-no-má Sou,
el-thé-to I va-si-lí-a Sou,
ge-ni-thí-to to thé-li-má Sou, os
en ou-ra-nó ke e-pi tis ghis.

Ton ár-ton i-món ton
e-pi-óu-si-on dos i-mín
sí-me-ron ke á-fes i-mín ta
o-fe-lí-ma-ta i-món, os ke i-mís
a-fí-e-men tis o-fi-lé-tes i-món ke
mi i-se-nég-kis i-más is
pi-ras-món, al-la rí-se i-más a-pó
tou po-ni-roú.

Phonetics by Dr. Christine Kerxhalli,
orthodoxtoday.wordpress.com

March 10, 2024
Judgment Sunday (Meatfare Sunday)
Quadratus the Martyr & his Companions
Anastasia of Alexandria
Michael Mauroudes the New-Martyr



St. Sophia/Ss Faith, Hope & Agape Vigil Candle: If you are interested in sponsoring a vigil candle, please see a Parish Council member at the Pangari – no advance signup necessary and several individuals or families can sponsor each week. The proceeds of these donations will go to our Mortgage Reduction Fund. Each vigil candle lasts one week; the asking donation is \$10.

TODAY – Meatfare Sunday Cheesesteaks: Valley Forge AHEPA Chapter 432 is holding a Cheesesteak fundraiser today. For \$15 you get a Cheesesteak, French fries and a drink. Now that's a deal!

Festival Baking: Baking has begun! The ladies will be baking kourabiedes and fenikia on Monday, 3/11 and Tuesday, 3/12, starting at 8:00 am. We would appreciate any help you can offer!

Choir Rehearsal: There will be a choir rehearsal on **Tuesday, March 12th at 6:30 pm**. Please call Tom Cox with questions ([215-859-1009](tel:215-859-1009)) or email him at tcoc@mysolutions.com. Thank you!

Saturday of Souls: The second Saturday of Souls is **Saturday, March 16th**. **PLEASE NOTE** the earlier start time for **Divine Liturgy** on this Saturday (**9:00 am**). Forms for the names of the departed are available at the Pangari (and attached). Please submit your names to the Parish office by March 15th at 12 noon; however, **please DO NOT text the names or submit them via Facebook**. Please also remember your loved ones by not only submitting their names, but by making koliva and attending the holy services to offer your own prayers for their eternal rest. Please remember that the names you submit are read on all three Saturdays. Please PRINT CLEARLY, AND ONLY BAPTISMAL FIRST NAMES ARE NECESSARY.

Sponsoring Coffee Hour: If you are interested in hosting a coffee hour, please sign up on the Coffee Hour Sponsor Sheet on the window at the back of the hall near the coffee/refreshments table. There are several Sundays available in the coming weeks. **Please note that the church will supply coffee, creamer, juice, and paper products to eliminate waste and clutter. We ask that coffee hour sponsors donate \$25 (payable to St. Sophia Church) to offset these expenses. Thank you!**

Help Wanted: Our good friends at the Collegeville Diner are looking to hire much-needed staff! They are looking to hire a host/hostess to work Mon-Sat, 8am -3pm. If you or anyone you know is interested, please contact Dimitri (Jim) Voutsinas at jim.voutsinas@gmail.com or at 215-989-1950.

SCHEDULE OF UPCOMING SERVICES AND EVENTS

Sat. Mar. 9 th	8:45 am	Orthros; 10:00 am Divine Liturgy Saturday of Souls
Sun. Mar. 10 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Judgement Sunday
	12:30 pm	Greek School (Adults)
Tues. Mar. 12 th	6:30 pm	Choir rehearsal in the church
Wed. Mar. 13 th	5:00 pm	Little Angels
Thurs. Mar. 14 th	5:00 pm	Greek School (Children)
Sat. Mar. 16 th	8:00 am	Orthros; 9:00 am Divine Liturgy (note earlier time) Saturday of Souls
Sun. Mar. 17 th	8:45 am	Orthros and Hierarchical Divine Liturgy – Forgiveness Sunday Archpastoral Visit of His Eminence Metropolitan Apostolos of NJ
	12:30 pm	Greek School (Adults)
Mon. Mar. 18 th		Clean Monday – Lent Begins
Wed. Mar. 20 th	5:00 pm	Little Angels
Thurs. Mar. 21 st	5:00 pm	Greek School (Children)
Fri. Mar. 22 nd	7:00 pm	Salutations to the Theotokos
Sat. Mar. 23 rd	8:45 am	Orthros; 10:00 am Divine Liturgy Saturday of Souls
Sun. Mar. 24 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of Orthodoxy; Procession with Icons
		Greek School Independence Day Program after Liturgy
	12:30 pm	Greek School (Adults)
	6:00 pm	Great Vespers for the Annunciation of the Theotokos AT Annunciation/Evangelismos G.O. Church, Elkins Park to be followed by a reception hosted by the Philoptochos
Mon. Mar. 25 th		Feast of the Annunciation of the Theotokos
	8:45 am	Orthros; 10:00 am Divine Liturgy (at St. Sophia) OR
	8:30 am	Festal Orthros & Divine Liturgy with a Thanksgiving Doxology for the Liberation of Greece at Annunciation Church, Elkins Park to be followed by a luncheon hosted by the Philoptochos
Wed. Mar. 27 th	5:00 pm	Little Angels
Thurs. Mar. 28 th	5:00 pm	Greek School (Children)
Fri. Mar. 29 th	7:00 pm	Salutations to the Theotokos
Sun. Mar. 31 st	8:45 am	Orthros; 10:00 am Divine Liturgy – St. Gregory Palamas
Wed. Apr. 3 rd	5:00 pm	Little Angels
Thurs. Apr. 4 th	5:00 pm	Greek School (Children)
Fri. Apr. 5 th	7:00 pm	Salutations to the Theotokos
Sat. Apr. 6 th		District Oratorical Festival at St. Luke, Broomall
Sun. Apr. 7 th	8:45 am	Orthros; 10:00 am Divine Liturgy – Sunday of the Holy Cross Greek Independence Day Parade TODAY! The bus departs from St. Sophia at 12:00 Noon SHARP!

Readers for Salutations to the Theotokos: The first Salutations to the Theotokos are on Friday evening, **March 22nd beginning at 7:00 pm**. We are looking for readers for the English and Greek for that Friday and the following four Fridays. **If you are interested in reading, please call the Parish office to put your name on the list.** Also, if you wish to decorate the icon of the Panagia with flowers on one of the Fridays, **please call the Parish office to let us know which Friday you are choosing.**



ST. SOPHIA PHILOPTOCHOS

Order by
April 20
Pickup
April 27

Tsoureki Sale

Name: _____ Phone: _____

Quantity: _____ @ \$20 each = Total Paid: _____



Make checks payable to St. Sophia Philoptochos,
pay with Zelle (ladies@saintsophiachurch.org) or Venmo



venmo



PHILLY CHEESESTEAK LUNCH MARCH 10

*Cheesesteak
French Fries - Drink*


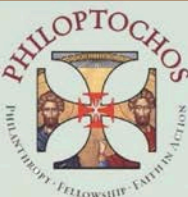
Only \$15



JOIN OUR LOCAL AHEPA CHAPTER
FOR DETAILS

MATT STOLARCZYK mattstolarczyk@cs.com (215) 740-8841


AHEPA THANKS YOU FOR YOUR CONTINUED SUPPORT

WALKING WITH CHRIST


CHRIST

First Seminarian Benefit Luncheon



St. Luke Greek Orthodox Church
35 N Malin Rd, Broomall, PA 19008

March 16th | 11 A.M. | 2024



Follow the QR code for Ticket Sales and Event Sponsorships. All Proceeds Will Benefit the Greek Orthodox Metropolis of New Jersey Seminarians and Masters of Divinity Students

NOW ON SALE!

GAME ON!

**NINTENDO SWITCH
MARDI GRAS
RAFFLE**



1 TICKET: \$5

DRAWING ON SUNDAY, MARCH 17TH AFTER DIVINE LITURGY

Need not be present to win

ST. SOPHIA PHILOPTOCHOS

CHEESEFARE SUNDAY

MARCH 17, 2024

Tiropites & Spanakopites Frozen 6-packs - \$25
With Cooking Instructions

LIMITED SUPPLIES - RESERVE TODAY

We accept Zelle (ladies@saintsophiachurch.org)
and Venmo payments

FOR ORDERS: Kathy T. 610.539.5413



venmo

GOYA - JOY/HOPE Family Bowling Outing

MAR
30
2024
5:00PM

STRIKE UP
Some
FUN!



Bowlero Limerick
655 W Ridge Pk, Limerick, PA 19468

RSVP by 3/24: Matt 484.919.6802
or matthan@aol.com



PHILADELPHIA
GREEK
INDEPENDENCE
DAY 2024
CELEBRATIONS

Save the Dates

FLAG RAISING

FRIDAY
APRIL 5

1:00 PM

BANQUET

SATURDAY
APRIL 6

5:00 PM

PARADE

SUNDAY
APRIL 7

1:00 PM*



*1:00 PM | Ben Franklin Parkway & 22nd Street Formation
2:00 PM | Step-off /Parade will begin at 22nd & the Parkway marching towards City Hall



LENTEN FOOD DRIVE

...for I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me...
Matthew 25:35

MARCH 18 - APRIL 27
GOAL: 40 BAGS IN 40 DAYS

NEEDED ITEMS
Juice, Peanut Butter, Beans, Lentils, Nuts, Canned Meat, Stews, Vegetables & Fruit, Tomato Paste/Sauce, Soup, Rice, Pasta, Instant Potatoes, Macaroni & Cheese, Crackers, Breakfast Foods and Personal Care Items (Diapers, Soap, Laundry Detergent & Feminine Hygiene Products)
Please **DO NOT** donate expired food, open packages, perishable food, or glass jars.

DROP OFF ALL DONATIONS IN LOBBY OF CULTURAL CENTER

March 4, 2024

Saint Sophia Church
900 S. Trooper Road
Jeffersonville, PA 19403

RE: Food Drive

Dear Friends:

We are very grateful for your recent food collection to benefit disadvantaged families who utilize our Food Cupboard.

Your contribution will be used to assist some of the more than 2,000 needy families who seek assistance in our food cupboard all year long. Your kindness makes a real difference in the lives of the members of those families!

Best wishes to everyone involved!

Sincerely,

LeeAnn Rooney
Executive Director

Thank you so very much! We are truly blessed by you!

121 E. Chestnut Street, Norristown PA 19401-3905 | 610.272.6316 (o) | 610.272.3070 (f) | www.patriciansociety.org | info@patriciansociety.org

NATIONAL SCOUT SUNDAY 2024

March 10, 2024



A SCOUT IS REVERENT

Today our Parish observes National Scout Sunday. Scouts all over the United States celebrate National Scout Sunday. This Sunday is set aside to honor God and to remind us that we are all His Creatures and made in His Image or more precisely – to image (reflect) Him to the world.

Through the Eastern Orthodox Committee on Scouting, the Assembly and its predecessor, SCOBA, have been actively supporting both the Boy Scouts and Girl Scouts of the USA since the 1960's. The Scouts of our Parish will be honored this morning.

The official date of Scout Sunday (BSA) is February 8th, which is the Anniversary Day of Scouting (February 8, 1910). Scouting's founder, Lord Robert Baden-Powell, knew that faith gives young people a road map for life, and that it is a wise guide for thoughts and actions. Over 100 years later we still believe that, and it is our individual faith traditions that inspire us to look beyond ourselves and turn out attention to helping others.

Girl Scouts celebrate Girl Scout Birthday on March 12th. The Girl Scout Birthday commemorates the foundation of the very first Girl Scout troop by Juliette Gordon Low in Savannah, Georgia on March 12, 1912. It's a day to celebrate the organization's rich history, its continued impact on young girls, and its mission to cultivate courage, confidence, and character, ensuring that they make the world a better place.

Girl Scouts

Elisabeth Voutsinas – Daisy Girl Scout

Boy Scouts

Daniel Cox – Eagle Scout*

Adult Leaders

Catherine Cox – Boy Scouts – Scout Leader*

Fr. Peter Thornberg – Boy Scouts – Eagle Scout*

*The **Order of the Arrow** is the Boy Scouting national honor society for experienced campers.

Thank you to Fr. Peter Thornberg for supporting and encouraging our Boy Scouts and Girl Scouts throughout their Scouting years.

